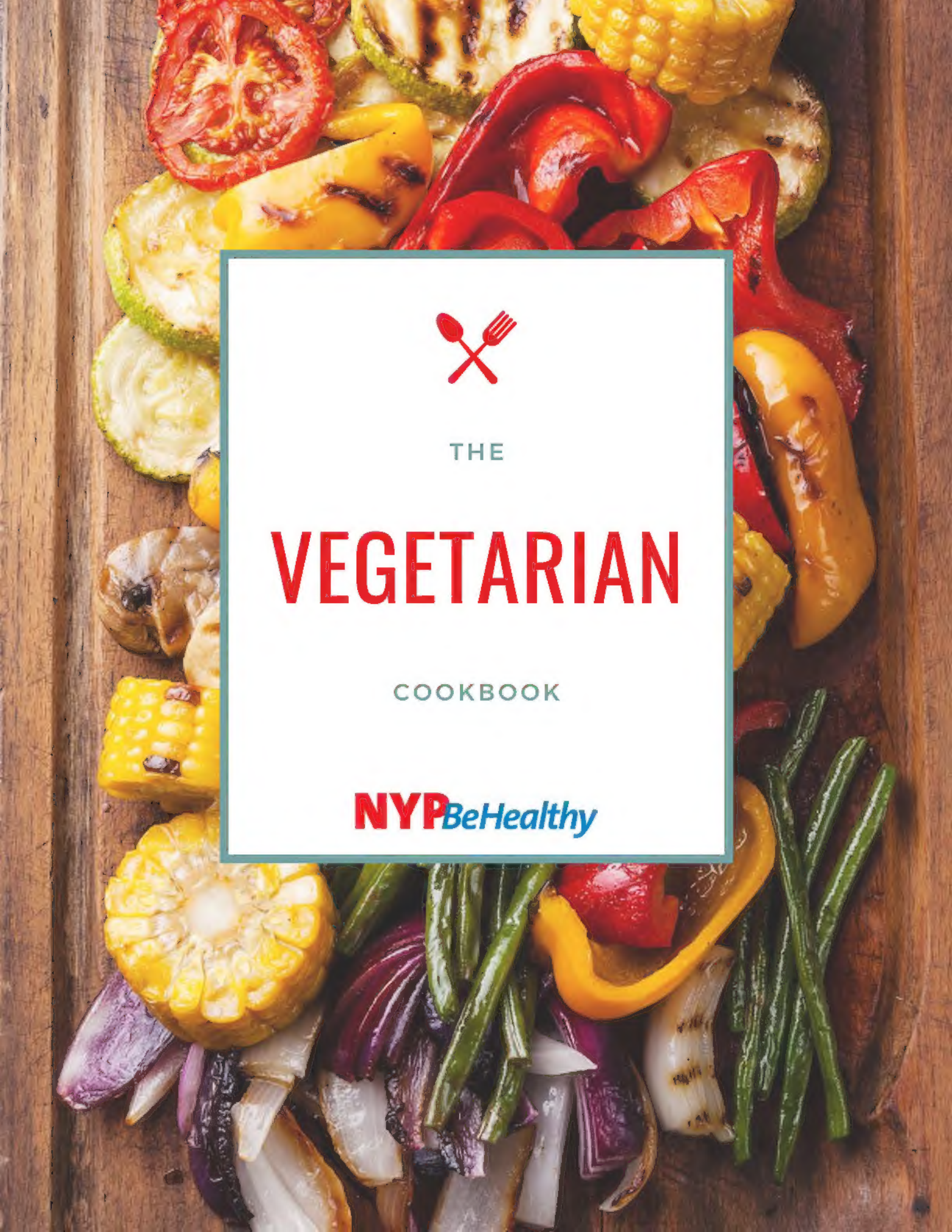


THE

VEGETARIAN

COOKBOOK

NYP BeHealthy

FOREWORD

This cookbook that features delicious and nutritious recipes was created by chefs and physicians in collaboration with the registered dietitians of NewYork-Presbyterian's employee wellbeing program, NYP*BeHealthy*. These are the easy-to-follow recipes that our NYP Hudson Valley Chef Peter X. Kelly Teaching Kitchen team use in their cooking classes. An important part of NewYork-Presbyterian's mission as an academic medical center is to support the health and wellbeing of its staff as they care for patients and families. Additional recipes and cookbooks can be found here.

VEGETARIAN

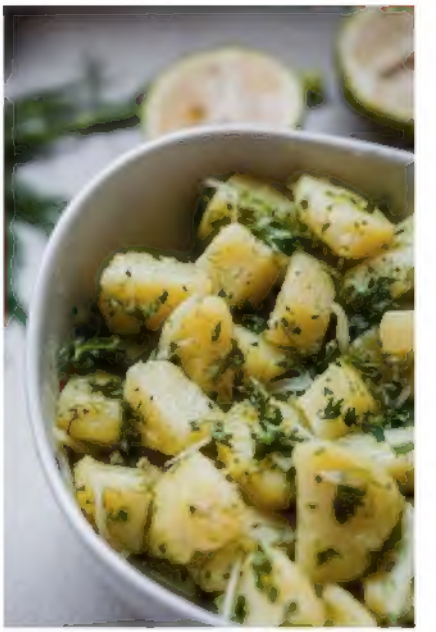
TABLE OF CONTENTS

Greek-Style Potato Salad 3
Greek Orzo Pasta Salad 4
Tabbouleh Salad 5
Salad with Roasted Red Onions & Walnut Salsa 6
Massaged Kale Salad 7
Potato & Green Bean & Radish Salad with Herb Dijon Dressing 8
Mixed Rice Salad 9
Saladu Nebbe (Black-eyed pea salad) 10
Quinoa Black Bean & Cumin Salad 11
Beet & Yogurt Salad 12
Sautéed Kale with Shallots & Almonds 13
Sautéed Kale with Fennel, Raisins & Almonds 14
Spiced Cabbage Slaw 15
Broccoli Coleslaw 16
Cajun Coleslaw 17
Asian Style Red Cabbage Slaw 18
Sauerkraut 19
Almond Sauce 20
Roasted Acorn Squash with Tahini Sauce 21
Shakshuka (Eggs in Tomato Sauce) 22
Spring Polenta with Swiss Chard & Egg 23
Tempeh Bolognese 24
Quick Roast Tempeh 25
Marinated Tofu 26
Maple Candied Yams 27
Petite Potatoes 28
Simple Short Grain Brown Rice 29
Lentils with Pineapple & Plantains 30
Red Lentil Burgers 31
Crushed Lentils with Tahini 32
Red Lentil Dal 33
Simple Green Lentil Salad 34
Gigante Beans 35
Roasted Curried Carrots & Cauliflower 36
Roasted Carrot & Parsnip Casserole 37
Vegetarian Cassoulet 38
Skillet Vegetable Enchiladas 39
Steamed Broccoli with Lemon Vinaigrette 40
Sheet Pan Asian Stir Fry 41
Vegetable Stir-Fry Rice 42
Quinoa Stuffed Tomatoes 43
Cauliflower Quinoa Mash 44
Gingered Cabbage Greens 45
Braised Chard & Apples 46

Greek-Style Potato Salad

Serves 6

Ingredients



- 2.5 lbs new potatoes (about 15 small potatoes)
- Salt and pepper to taste (about 1/4 tsp each)
- 1 lemon, juiced
- 3 Tbsp Olive oil, divided (or another plant-based oil)
- 1/4 cup olives, chopped (black, green, whatever is on hand)
- 2 Tbsp capers, rinsed (low sodium preferable)
- 1 bunch scallions, chopped (or 1/4 cup onions, thinly sliced)

Directions

1. Boil the potatoes for 20 minutes until tender. Cool, and cut into chunks, removing skin as you go.
2. Place in a bowl, and toss in lemon juice, 2 Tbsp olive oil, salt and pepper. Set aside.
3. In a pan, heat 1 Tbsp olive oil, add chopped olives and capers and fry until slightly crisp.
4. Add mixture to potatoes with scallions. Toss to combine and serve.

This dish will keep in the refrigerator 5-7 days.

Greek Orzo Pasta Salad

Yield 4 Servings

Ingredients

- 1/4 cup olive oil (or another plant-based oil)
- 2 Tbsp lemon juice
- 1 tsp minced garlic
- Salt and pepper to taste
- 1 cup dry orzo (you can also use a different grains such as quinoa, brown rice, bulger).
- 1/3 cup crumbled feta cheese (low fat cheese preferable)
- 1/2 cup chopped English cucumbers
- 1/2 cup grape tomatoes, cut in half
- 1/3 cup Kalamata olives (low sodium preferable), pitted and chopped
- 1/4 cup chopped red onion (or scallions or shallots)
- Fresh basil and parsley (about 1/4 cup each, optional).

Directions

1. Cook orzo according to package instructions (just like pasta).
2. In a bowl combine feta, cucumbers, tomatoes, olives, red onion, basil and parsley.
3. In a separate bowl whisk together olive oil lemon juice, garlic, and salt and pepper.
4. Combine the veggies with the cooked orzo and vinaigrette.

This dish will keep in the refrigerator 5-7 days.

Tabbouleh Salad

Serves 6-8

Ingredients

- 1 cup bulgur (or another grain: quinoa or couscous work)
- 2 cups parsley, (larger stems removed, leaves chopped)
- 12 large mint leaves
- 5 scallions (optional)
- 3 medium tomatoes
- 1/2 English cucumber
- 1/4 red onion
- 2 lemons, juiced
- 1/2 cup olive oil (or another plant-based oil)
- 1 pinch salt and pepper, plus more to taste

Directions

1. Put the bulgur in a bowl, cover it with boiling water an inch above the surface (it will double in size), and let it sit at least 20 minutes.
2. Wash and dry the parsley and mint. Remove the stems, finely chop the herbs together, and put them in a large mixing bowl.
3. Peel and seed the cucumber half. Slice it lengthwise into thirds, then chop. Chop onion and tomato and it them to the cucumber, parsley, and mint.
4. Drain and press any remaining water out of bulgur and add it to the vegetables.
5. Mix lemon juice, olive oil, salt, and pepper in a small bowl. Add to vegetables, taste, and adjust seasoning and olive oil as needed.

This dish will keep in the refrigerator 5-7 days.

Salad with Roasted Red Onions & Walnut Salsa

Serves 4

Ingredients

- 4 red onions
- 1 Tbsp olive oil (or another plant-based oil)
- Salt and pepper to taste
- 1 cup arugula (or spinach)
- 1/2 cup chopped parsley leaves (optional)
- 1/4 cup goat cheese (crumbled, low-fat preferable)

Salsa

- 2/3 cup raw walnuts (you can also toast them if you want a deeper flavor, unsalted preferable)
- 1/4 tsp red pepper flakes
- 1 garlic clove
- 3 Tbsp red wine or sherry vinegar
- 2 Tbsp olive oil
- Salt to taste

Directions

1. Preheat oven to 425°F.
2. Peel the onions and cut them in half crosswise into 1-inch thick rings.
3. Brush onions with olive oil and sprinkle with salt and pepper. Roast 40 minutes in the oven. Remove and let cool.
4. **Make salsa,** add all ingredients in a food processor and pulse to combine.
5. **To serve,** toss arugula and parsley, add the onions, goat cheese, and the salsa. Mix gently to combine.

This dish will keep in the refrigerator 5-7 days.

Massaged Kale Salad

Serves 4

Ingredients

- ½ cup toasted pecans or walnuts, unsalted preferable (see step 1)
- 3 cups chopped kale
- 1/4 cup dried cranberries (unsweetened preferable raisins, or dried cherries)
- 1 medium apple

Dressing

- 3 Tbsp extra virgin olive oil (or another plant-based oil)
- 1 ½ Tbsp apple cider vinegar (or white wine vinegar)
- 1 Tbsp smooth Dijon mustard
- 1 ½ tsp honey (optional)
- Salt and pepper to taste

Directions

1. Preheat the oven to 350°F and spread the pecans on a baking tray. Toast them until lightly golden and fragrant, about 5 to 10 minutes, tossing them once or twice to make sure they bake evenly. Remove the tray from the oven and set them aside to cool.
2. Pull the kale leaves off from the tough stems and discard the stems. Chop the kale into small, bite-sized pieces. Transfer the kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.
3. Coarsely chop the pecans and cranberries and add them to the bowl. Chop the apple into small, bite-sized pieces and add it to the bowl as well.
4. In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Massage dressing into the salad. Toss until the salad is evenly coated with dressing.
5. Serve immediately, or for even better flavor, let the salad marinate in the dressing for 10 to 20 minutes beforehand.

This dish will keep in the refrigerator 5-7 days.

Potato & Green Bean & Radish Salad with Herb Dijon Dressing

Serves 8-10
Ingredients

- 2 Cups green beans, trimmed
- 1 Cup radish, cut in quarters
- ⅓ Cup Kalamata Olives, cut in half (low sodium preferable)
- 5 small Yukon gold potato, cut in quarters (about 4-5 cups)

Herb Dijon Dressing

- ½ Cup white wine vinegar
- 2 lemons
- ¼ Cup fresh dill
- ¼ Cup fresh parsley
- 2 Tbsp Dijon mustard
- 1 clove garlic
- 1 1/2 Tbsp honey
- 1 Cup olive oil (or another plant-based oil)
- Salt and Pepper (to taste)

**Add all ingredients to a blender and blend until smooth

Directions

1. Bring large pot of water and salt to boil. Blanch green beans for 30 seconds and shock in cold water. Add potato and bring back to boil, simmer until fork tender about 10-15 min.

2. Drain potato and let cool for 5 min, toss with green beans, radish, olive and *Herb Dijon Dressing.

This dish will keep in the refrigerator 5-7 days.

Mixed Rice Salad

Yield 6-8 Servings

Ingredients

- 2 cups corn (fresh or frozen and thawed)
- 2 cups cooked brown rice
- 1 bunch scallions, chopped
- 1/2 cup chopped cilantro
- 1 lime, zested and juiced (about 1/4 cup juice)
- 3 Tbsp olive oil, divided (or another plant-based oil)
- 1/4 cup crumbled queso fresco or feta cheese (low fat preferable)

Directions

1. In a sauté pan add 1 Tbsp of the olive oil and the corn. Sauté until lightly browned. Set aside.
2. In a bowl, combine cooked rice, scallions, cilantro, lime juice and zest, olive oil, cheese and sautéed corn. Toss to combine.
3. Let flavors sit together 10-20 minutes. Serve room temperature or cold.

This dish will keep in the refrigerator 5-7 days.

Saladu Nebbe (Black-eyed pea salad)

Serves 4-6

Ingredients

- 1/4 cup lime juice or 1/4 cup vinegar (cider vinegar or red wine vinegar best choices)
- 1/2 cup roughly chopped fresh parsley
- 1/2 cup oil (canola, grapeseed or olive).
- 1 (15oz) can black eyed peas (rinsed well) (low sodium preferable)
- 5 scallions, roughly chopped (or 1/4 cup red onion, shallot or white onion)
- 1 red bell pepper, finely chopped
- 1 medium tomato, cored, seeded and finely chopped
- 1 medium cucumber, seeded and finely chopped
- 1 spicy pepper, stemmed, seeded and minced (jalapeño, habanero best choices)
- Salt and pepper, to taste

Directions

1. In a large bowl, whisk together lime juice and parsley. While whisking, drizzle in oil to make dressing.

2. Add black-eyed peas, scallions, bell pepper, tomato, cucumber and spicy peppers to the dressing. Season with salt and pepper to taste. Let sit at room temperature for at least one hour.

This dish will keep in the refrigerator 5-7 days.

Quinoa Black Bean & Cumin Salad

Serves 6

Ingredients

- 1 cup uncooked quinoa (or 3 cups cooked)
- 1 1/2 cups water or vegetable broth (low sodium preferable)
- 1 (14-ounce) can black beans (or 1 1/2 cups cooked), drained and rinsed (low sodium preferable)
- 1 cup fresh cilantro, finely chopped (optional)
- 1 1/2 cups carrots, shredded
- 1/4 cup scallions, white and green parts, thinly sliced (or use 1/4 cup red or white onions, chopped)
- Salt and black pepper, to taste

Dressing

- 1/3 cup fresh lime juice, to taste
- 1/3 cup olive oil
- 1 Tbsp garlic, minced
- 2 tsp ground cumin
- 1 tsp maple syrup or honey
- Salt to taste

Toppings

- 1/4 cup toasted pepitas (pumpkin seeds)
- Sliced avocado (optional)

Directions

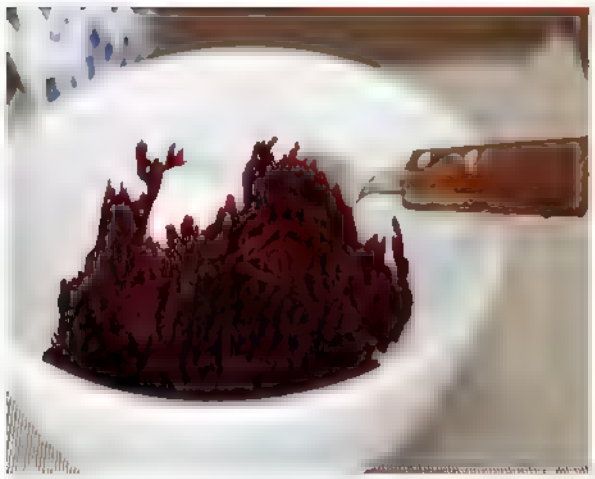
1. To prepare the quinoa: Rinse quinoa in a fine mesh sieve. Add into pot along with 1.5 cups water or vegetable broth.
2. Bring to a boil, reduce heat to low-medium, and then cover with a tight-fitting lid. Simmer for about 15 minutes until the water is absorbed and the quinoa is fluffy.
3. Remove from heat and steam with the lid on for 5 additional minutes.
4. Fluff with fork and chill in the fridge for at least 15 minutes.
5. In a large bowl, toss the quinoa, drained and rinsed black beans, cilantro, carrots, and green onions.
6. Whisk together the dressing in a small bowl or jar. Pour onto salad and toss to combine.
7. Season with salt and pepper to taste. Top with toasted pepitas.

This dish will keep in the refrigerator 5-7 days.

Beet & Yogurt Salad

Serves 4

Ingredients



- 4 medium beets, roasted
- 1 Tbsp grapeseed oil (or another plant-based oil)
- 1 ½ tsp sherry vinegar (can substitute white wine or cider vinegars)
- 1 tsp honey (optional)
- 2 Tbsp extra-virgin olive oil (or another plant-based oil)
- Salt to taste
- Freshly ground black pepper
- 1-2 cloves garlic
- ½ cup Greek yogurt (low-fat preferable)
- 2 Tbsp minced dill

Directions

1. To roast beets, wash, wrap in aluminum foil with 1 tsp of grapeseed oil per beet and place on a baking tray. Roast in a preheated oven at 400°F, until tender, about 45-55 minutes.
2. Peel and cut beets into 1 ½ inch pieces. In a small bowl, stir together vinegar, honey, olive oil, and salt and pepper, to taste. Toss with warm beets and allow to marinate at least 20 minutes, preferably 2 to 3 hours in the refrigerator.
3. Mince garlic and combine with salt on a cutting board. Using the flat side of a knife, rub together garlic and salt to form a paste. In a small bowl, stir together salt, garlic, and yogurt. Add half the dill to the mixture and stir.
4. Drain the beets, saving the marinade, and add some of the marinade to the yogurt mixture. Arrange beets on a serving platter and drizzle with the yogurt mixture. Garnish with remaining dill and serve.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Sautéed Kale with Shallots & Almonds

Serves 4

Ingredients

- 2 Tbsp olive oil (or another plant-based oil)
- 2 shallots, sliced (or an onion)
- 1 bunch kale, stems removed and chopped (about 6 cups), you can also use another green (spinach or swiss chard, even broccoli would be good).
- 1/4 cup white wine
- Salt and pepper to taste
- 1/3 cup slivered toasted almonds (or pine nuts or walnuts, unsalted preferable)
- 1/4 cup chopped dried cranberries (unsweetened preferable)

Directions

1. Heat a large pan and add olive oil.
2. Sautee shallots until they are soft and lightly browned.
3. Add kale, tossing to coat in oil and shallots. Cook until just wilted.
4. Add white wine and stir, coating the leaves. Cook for 1 minute more.
5. Season with salt and pepper and serve garnished with toasted almonds and cranberries.

This dish will keep in the refrigerator for 5-7 days.

Sautéed Kale with Fennel, Raisins & Almonds

Serves 4

Ingredients

- 1 large bunch kale or collard greens, sliced thinly
- 2 Tbsp raisins (unsweetened preferable)
- ¼ Cup slivered almonds (unsalted preferable)
- 1 Cup vegetable stock (low sodium preferable)
- 5 cloves of garlic, minced
- 1 Tbsp fennel seeds
- 1 Tbsp extra virgin olive oil (or another plant-based oil)
- Salt to taste
- Fresh ground pepper

Directions

1. Slice kale in thin slices. Mash and chop garlic.
2. In a large pan on medium heat, warm olive oil. Add garlic and fennel and stir for 2 minutes, being mindful to prevent garlic from burning.
3. Add kale and turn heat up a bit higher. Toss to mix garlic and fennel and sauté 3-5 minutes. Add vegetable stock and cover another 5-7 minutes until greens are tender.
4. While greens are cooking, toast slivered almonds in a dry skillet on medium heat- they can burn easily, so keep stirring.
5. Just before serving, sprinkle in raisins and pine nuts and toss to mix.

This dish will keep in the refrigerator for 5-7 days.

Spiced Cabbage Slaw

Serves 4-6

Ingredients

Dressing

- 1/3 cup olive oil (or another plant-based oil)
- Zest of 1 lemon
- 1/3 cup lemon juice
- 1 Tbsp honey or maple syrup (optional)
- 1 garlic clove, minced
- 1/2 tsp cinnamon
- 1 tsp ground cumin
- Salt to taste

Salad

- 1/2 cup pumpkin seeds (pepitas), toasted lightly (unsalted preferable or another nut/seed: almonds work well)
- 1/2 red cabbage, shredded
- 1/2 cup figs, chopped (unsweetened preferable or another dried fruit, raisins work well)
- 1 cup carrots, shredded
- 1/2 cup mint, chopped
- 1/2 cup parsley, chopped

Directions

1. In a small bowl mix the dressing ingredients.
2. In a large bowl, combine pumpkin seeds, cabbage, figs, carrots, mint, and parsley.
3. Massage dressing into the large bowl of ingredients.
4. Let stand 20-30 minutes at room temperature to let flavors bloom.

This dish will keep in the refrigerator 5-7 days.

Broccoli Coleslaw

Serves 6-8

Ingredients

Dressing

- 3 Tbsp plain Greek yogurt (low fat preferable)
- 2 Tbsp mayo (low fat or low-fat Greek yogurt preferable)
- 1 Tbsp lemon juice
- 2 Tbsp maple syrup, honey or agave (optional)
- 1 Tbsp Dijon mustard
- Salt to taste
- 1/4 tsp garlic powder
- 1/2 tsp celery seed (optional)

Salad

- 3 cups broccoli slaw mix, with carrots and cabbage,
  or: 1 cup shredded broccoli, 1 cup shredded carrots, 1 cup shredded cabbage
- 1/4 cup chopped green onions (or red onion)
- 1/4 cup dried cranberries, chopped (or another dried fruit: raisins, dates, figs).
- 2 Tbsp toasted almond slivers (or another nut/seed: pumpkin seeds, sunflower seeds, walnuts, peanuts good options)

Directions

1. In a large bowl whisk together the yogurt, mayo, lemon juice, maple syrup, mustard, salt, garlic powder, celery seed.
2. Add the broccoli slaw mix, green onions and cranberries.
3. Toss to combine and coat with dressing.
4. Cover and refrigerate for at least 30 minutes, until chilled.
5. Just before serving sprinkle with almond slivers.

This dish will keep in the refrigerator 5-7 days.

Cajun Coleslaw

Serves 6-8

Ingredients

- 2 Tbsp low-fat mayonnaise (or vegannaise)
- 1/3 cup plain Greek yogurt
- 2 Tbsp white vinegar
- 2 Tbsp Cajun seasoning (or anything with a spicy flavor)
- 1 Tbsp mustard
- 1 tsp sugar (optional)
- ¼ teaspoon freshly ground black pepper
- 1 (14-ounce) bag green coleslaw mix (or 1/2 head of cabbage sliced thinly, 2 carrots grated)
- 1 celery rib, minced
- 1 scallion, thinly sliced (optional)

Directions

1. Whisk mayonnaise, yogurt, white vinegar, Cajun seasoning, mustard, sugar, and pepper, together in a large bowl. Add coleslaw mix, celery, and scallion. Toss to combine. Cover and refrigerate for 20 minutes.

2. Season with salt and pepper and serve.

This dish will keep in the refrigerator 5-7 days.

Asian Style Red Cabbage Slaw

Serves 6

Ingredients

- ½ head red cabbage, shredded
- 1 large carrot, grated
- ¼ Cup rice vinegar
- 1 Tbsp soy sauce (or Tamari, low sodium preferable or 1/2 tsp salt)
- 1 Tbsp honey (optional)
- 2 Tbsp grapeseed oil (or another plant-based oil)
- 1 Tbsp toasted sesame oil
- ½ Cup almonds, toasted and chopped (or cashews or sesame seeds, unsalted preferable)
- Sesame seeds, for garnish

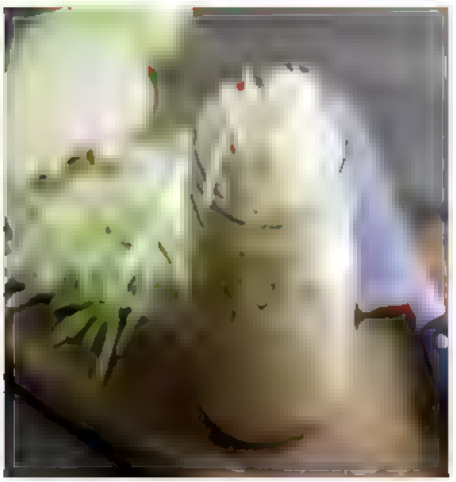
Directions

1. Preheat Oven to 400°F. Toast almonds for 8 minutes. Let cool.
2. In a large bowl, toss all ingredients together using hands.
3. Top with sesame seeds before serving.

This dish will keep in the refrigerator 5-7 days.

Sauerkraut

Ingredients



- 10 pounds organic cabbage at room temp*, take out most of the core and shred by hand or in a food processor
- ¼ cup Celtic sea salt (non-iodized) dried and ground (or use other unrefined salt ground up), about 2 oz.
- 4 tsp whole caraway seed
- Few crushed juniper berries
- 2-3 (1 quart) glad canning jars

Directions

1. Mix well and let cabbage, salt and spices sit for one half hour or so to get the cabbage juices flowing. Then pack tightly into container, one layer at a time, using a fist or blunt wooden pestle to compress contents and get the air out as the lacto-fermentation process takes place in an anaerobic environment.

2. Fermenting sauerkraut works especially well in 1-quart glass canning jars, 2-liter glass jars with clamp lids, and larger food grade plastic pickle buckets and plastic barrels. For larger containers an air lock system will help the carbon dioxide bubble out and prevents oxygen from getting in. For the 1 quart or 2-quart containers a fairly snug lid will suffice.

3. After the cabbage has been mixed, pack it into jars or a large plastic container. The juices will rise to the top and will form a "seal" between the kraut and the air of the outside world. It is important to keep the cabbage mixture submerged in the juices. A layer of whole cabbage leaves can be wedged on top of the cabbage with a cabbage core, or a weight can be placed on top.

4. Keep the container at room temperature, 65-68°F, for 2 weeks before moving it to a cooler 50-60°F space for another 6 weeks. Taste the cabbage after the initial 2-week period to see if it has sufficiently soured. If it has not, keep it at room temperature for a few more days. Just remember that the longer you keep the cabbage at room temperature, the more quickly the juices will be drawn out of it by the salt. This will also accelerate the souring process.

Almond Sauce

Makes 1-2 cups sauce

Ingredients

- 2 slices peasant bread, crusts removed, bread diced (whole-wheat bread preferable; stale bread is fine as long as it's not moldy)
- ½ cup water
- 1/3 cup whole almonds, toasted (unsalted preferable)
- 3 Tbsp red wine vinegar
- 2 large cloves garlic, minced
- ¼ cup extra-virgin olive oil, plus more for brushing (or another plant-based oil)
- 2 Tbsp chopped parsley
- Kosher salt (to taste) and freshly ground pepper

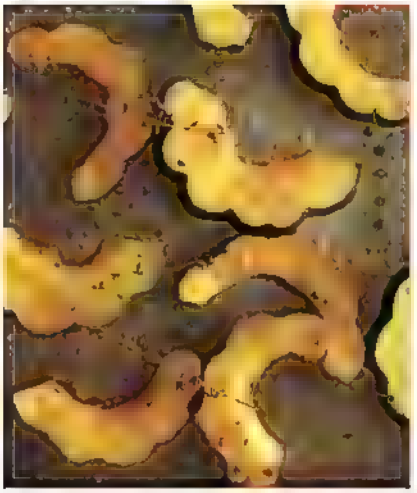
Directions

1. Soak bread in the water, then squeeze dry. Reserve ¼ cup of the water.
2. In a food processor or blender, grind the toasted almonds to a powder.
3. Add soaked bread, vinegar, garlic, and ¼ cup of olive oil.
4. Process to a thick sauce. Scrape into a bowl, stir in parsley, and season with salt and pepper.
5. This recipe is wonderful over cooked white fish or chicken.

These will keep in the refrigerator for 3-5 days, or in the freezer up to 3 months.

Roasted Acorn Squash with Tahini Sauce

Serves 6



Ingredients

- 2 acorn squashes (not peeled), or butternut squashes (peeled), cut in half, seeds removed, cut into 1/2-inch slices
- 1/4 cup olive oil (or another plant-based oil)
- Salt to taste
- 1 tsp brown sugar (optional)

Directions

1. Preheat oven to 400°F.
2. Toss squash slices in olive oil with optional (salt and sugar).
3. Spread out in one layer on a sheet pan.
4. Bake for 20-30 minutes, until squash is nicely browned, and soft all the way through when poked with a utensil.

Tahini Sauce

- 1/3 cup tahini
- 1/2 cup water
- 1 tsp maple syrup or honey (optional)
- Salt to taste
- 1 Tbsp fresh lemon juice
- 1 garlic clove (optional)

Directions

1. Place all ingredients in a blender and blend until smooth.

Enjoy with tahini sauce, skin and all!
This dish will keep in the refrigerator 5-7 days.

Shakshuka (Eggs in Tomato Sauce)

Serves 4

Ingredients

- 2 Tablespoons olive oil (or another plant-based oil)
- 1 tsp harissa (add more if desired)— very spicy! You can also use 1 tsp of your favorite hot sauce
- 2 tsp tomato paste (low sodium preferable)
- 2 large red peppers, diced
- 4 garlic cloves, finely chopped
- 1 teaspoon ground cumin
- Salt to taste
- 1 (28-ounce) can diced tomatoes (low sodium preferable)
- 6 eggs
- 1/2 cup Greek yogurt (low fat preferable)

Directions

1. In a large saucepan -- ideally a pan you can cover with a lid later -- warm the olive oil over medium heat and then add the harissa, tomato paste, red peppers, garlic, cumin, and salt.

2. Sautee for about 10 minutes, until the peppers soften. Add the tomatoes, bring to a simmer and cook for another 10 minutes, or until the sauce has thickened.

3. Make six egg sized indentations in the sauce and then crack an egg into each.

4. Simmer until the whites are gently set and the yolks are still wobbly; this will take around 10 minutes, but watch closely--the eggs go from undercooked to overcooked quickly.

5. Serve the eggs in the sauce, with the yogurt on the side.

This dish will keep in the refrigerator 3 days.

Spring Polenta with Swiss Chard & Egg

Serves 6

Ingredients

- 4 cups vegetable broth or water (low sodium preferable)
- Salt to taste
- 1 cup polenta
- 1/2 cup corn kernels, fresh or frozen
- 1 Tbsp olive oil (or another plant-based oil)
- 1 Tbsp butter (low fat preferable)
- 1/4 cup parmesan cheese (low fat preferable)

Swiss Chard

- 3 Tbsp olive oil (or another plant-based oil)
- 2 cloves garlic,
- 1/2 tsp red pepper flakes
- 3 cups greens chopped (or spinach, chard, beet tops, kale)
- Water as necessary
- Salt and pepper to taste

Cooked Egg

- 6 eggs
- 2 Tbsp grapeseed oil (or other high heat oil)

Directions

1. To make polenta, bring the vegetable broth or water to a boil in a large pot. Add the salt and whisk in the polenta.
2. Reduce heat and continue whisking until the polenta is thickened. Cover, and cook. Whisk every few minutes. Cook for length of time advised by package.
3. Meanwhile, for the swiss chard, in a large sauté pan, heat some oil. Add the garlic, and red pepper flakes. Sautee 1-2 minutes. Add the chopped swiss chard and cook until tender and bright green, adding water as necessary. Once cooked, add salt and pepper and remove from pan.
4. In the same large pan, heat the grapeseed oil. Crack 6 eggs in the pan and cook until desired runniness is achieved.
5. Polenta should be done by now, so whisk in corn kernels, the olive oil, and parmesan cheese. Cook for 3 minutes. Remove from heat.
6. Serve like so: polenta, swiss chard, top with egg. Enjoy hot!

This dish will keep in the refrigerator 5-7 days.

Tempeh Bolognese

Serves 8-10

Ingredients

- 2 Tbsp olive oil (or another plant-based oil)
- 1 finely diced onion or shallot (about 1 cup)
- 1 carrot, diced (about ½ cup)
- 2 celery stalks, diced (about ½ cup)
- 8 ounces tempeh (finely chopped or grated on a box grater)
- 3 cloves garlic, minced
- 1 cup shiitake (or cremini) mushrooms, minced
- 1 Tbsp tamari or soy sauce (low sodium preferable)
- 1/2 tsp fennel seed
- 2 tsp oregano
- 1/4 tsp red pepper flake (adjust to preferred spice level)
- 1/2 cup red wine
- 1 (28-oz) can crushed tomatoes (low sodium preferable)
- 3 Tbsp tomato paste (low sodium preferable)
- 1-2 Tbsp Nutritional Yeast or Parmesan cheese (optional or to taste)
- 1-2 Tbsp sweetener of choice (such as maple syrup or coconut sugar, optional)
- Water as needed to thin

Directions

1. Heat a large-rimmed skillet, or pot (as large as possible to give room for browning) over medium heat. Once hot, add oil and onion, carrot, and celery, and sauté for 4-5 minutes until translucent and soft, stirring frequently.
2. Then add shredded tempeh and garlic and stir to brown slightly. Then add tamari, mushrooms, fennel seeds, oregano and red pepper flake. Sauté for 4-5 minutes (or up to 10 minutes), stirring frequently, until everything is golden brown. Turn down heat if browning too quickly.
3. Add wine and stir, and cook for 1 minute. Then add crushed tomatoes, tomato paste, nutritional yeast, and sweetener. Thin with water if needed. Stir to combine, cover, and simmer for 20 minutes.
4. Serve with your favorite pasta or pasta alternative, like spaghetti squash, penne, or zucchini or carrot noodles and garnish with fresh basil (optional)!

Cooled leftovers will keep covered in the refrigerator up to 5 days, or in the freezer up to 1 month. Reheat in a saucepan or microwave until hot, adding a little water as needed to rehydrate.

Quick Roast Tempeh

Serves 4-6

Ingredients

- 1 (8oz) package of tempeh, sliced 1/4 inch thick
- 1/4 cup soy sauce (low sodium preferable)
- 1/4 cup olive oil (or another plant-based oil)
- 2 Tbsp maple syrup (or honey or agave, optional)
- 2 tsp Herbs de Provence (or mix some thyme, rosemary and fennel seeds together)
- 2 Tbsp nutritional yeast or parmesan cheese (low-fat preferable or add to taste)

Directions

1. Preheat oven to 425°F.
2. In a bowl, whisk together soy sauce, olive oil, maple syrup, herbs de Provence and nutritional yeast.
3. Add tempeh to the bowl, coating it in the mixture.
4. Spread on a parchment lined sheet pan, and place in the oven, baking until deeply golden.
5. Sprinkle a little nutritional yeast on top before serving.

This dish will keep in the refrigerator 5-7 days.

Marinated Tofu

Serves 8-10

Ingredients

Marinade

- 1/2 cup soy sauce (low sodium preferable)
- 1/4 cup maple syrup (optional)
- 1/2 cup ketchup (low sodium preferable)
- 1/4 cup red wine vinegar
- 2 tsp tabasco (or spicy sauce of your choosing)
- 1/4 cup sesame seeds
- 2 bricks extra firm tofu, drained and sliced into triangles

Directions

1. Preheat oven to 400°F.
2. Mix all ingredients together except tofu.
3. Marinate the tofu in the marinade for minimum 30 minutes. Max 2 hours.
4. Line a sheet pan with parchment and place tofu on pan.
5. Bake for 20 minutes until slightly golden.
6. Discard marinade or save for next use up to 1 week (on chicken, or salmon, tofu, or tempeh!)

OR cook using a cast iron grill pan and grill the tofu.

This dish will keep in the refrigerator 5-7 days.

Maple Candied Yams

Makes 4 servings

Ingredients

- 2 large yams roasted and dry
- 1/4 cup maple syrup
- 1 orange, juiced
- 1 tsp vanilla extract
- 1 Tbsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 cup chopped pecans (unsalted preferable)

Directions

1. Preheat the oven to 400°F.

2. Bake sweet potato whole, until tender, about 40 minutes. Cool completely and let dry out (about 20 minutes). Peel and slice potatoes into thick coins. Place in single layer in casserole dish.

3. Combine remaining ingredients (except nuts) in a small pan. Cook on medium high heat until syrup bubbles thickly, about 3-5 minutes. Add pecans and remove from heat.

4. Pour syrup over yams and bake 15-20 minutes.

This dish will keep in the refrigerator 5-7 days.

Petite Potatoes

Serves 6-8

Ingredients

- 6 cups fingerling potatoes or new potatoes, washed well (or you can use regular potatoes and cut them into 1-inch chunks)
- 2 cups pearl onions (or diced red or white onion)
- 1/3 cup olive oil (or another plant-based oil)
- Salt and pepper to taste
- 1 cup parsley, chopped
- Optional pat of butter

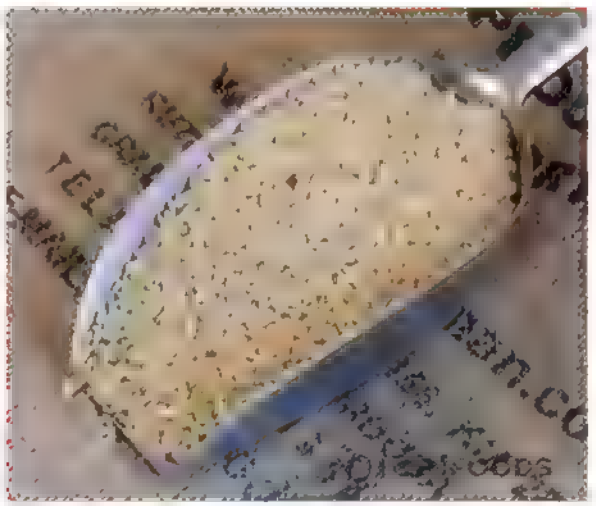
Directions:

1. Preheat the oven to 400°F.
2. Line a sheet pan with parchment paper.
3. In a bowl, toss potatoes, onions, olive oil, salt and pepper.
4. Roast until potatoes are tender 20-30 minutes.
5. Remove from oven and garnish with parsley and optional pat of butter.

This dish will keep in the refrigerator 5-7 days.

Simple Short Grain Brown Rice

Serves 6



Ingredients

- 1 cup short grain brown rice
- 1 3/4 cup water or broth
- 1 Tbsp sesame oil
- 2 tsp soy sauce (low sodium preferable)
- 1/4 cup toasted nuts or seeds (unsalted preferable; sesame seeds, pumpkin seeds, walnuts, pecans etc.)
- 1/4 cup chopped herbs (choose from: scallions, parsley, cilantro, basil, dill)

Directions

1. Combine water, rice, sesame oil, and soy sauce in a pot, bring to a boil.
2. Cover with a tight-fitting lid, reduce heat to low, and cook 45 minutes.
3. Remove from heat (leaving lid on) and let sit for 10 minutes on a cool countertop.
4. Remove lid, add sesame seeds and scallions and fluff with a fork to combine.

This dish will keep in the refrigerator 5-7 days.

Lentils with Pineapple & Plantains

Makes 12 Servings

Ingredients

- 2 cups dried green or brown lentils
- 5 cups vegetable stock (low sodium preferable, or water)
- 2 bay leaves
- 4 sprigs fresh thyme (or 1 Tbsp dried thyme)
- Salt to taste
- 1/2 tsp ground allspice
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cumin
- 3 cups chopped canned tomatoes (fire-roasted, low sodium preferable)
- 5 garlic cloves, chopped
- 1 white onion, chopped (about 2 cups)
- 1 Tbsp olive oil
- 1 sweet plantain, peeled and cut into 1/4-inch cubes
- 2 cups pineapple, diced
- Salt and pepper to taste

Directions

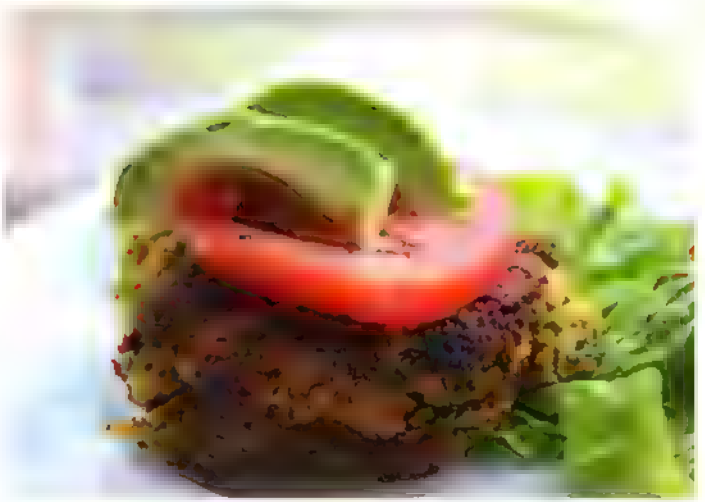
1. Rinse and drain lentils. Add to a pot with 5 cups water, bay leaves, thyme, salt, allspice, nutmeg and cumin. Cook until lentils are soft, about 45 minutes. Remove bay leaf and thyme stems.
2. In a blender, combine fire roasted tomatoes, garlic, and onion. Blend until smooth.
3. In a large pan add the tomato mixture to thicken slightly (about 5-10 minutes). Add the plantain and pineapple. Simmer until plantain is tender, about 5 minutes.
4. Add lentils to the pan and simmer 5 minutes more.
5. Season with salt and pepper to taste.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Red Lentil Burgers

Serves 12

Ingredients



- 2 cups dried red lentils, rinsed
- 3 1/2 cups water
- 1 tsp turmeric
- 2 tsp salt, divided (to taste)
- 3 cups onion, chopped (red or white)
- 6 garlic cloves, chopped
- 4 Tbsp olive oil (or another plant-based oil)
- 1 cup celery, diced
- 2 cups red bell pepper, diced
- 2 Tbsp fresh ginger, minced
- 2 Tbsp curry powder
- 1 tsp cinnamon
- 4 cups cooked short-grain brown rice
- 1 cup toasted cashews, chopped
- 2 Tbsp lime juice
- 1/2 cup chopped cilantro

Directions

1. Preheat oven to 400°F.
2. In a medium pot bring 31/2 cups water and lentils to a boil.
3. Add turmeric, 1 tsp salt. Simmer 20 minutes stirring occasionally.
4. In a separate pan over medium heat, sauté onions and garlic in olive oil until soft.
5. Add celery, bell peppers, and a splash of water to the pan.
6. Add ginger, curry powder, cinnamon, and 1 tsp salt. Cook until all is soft.
7. Add rice, nuts, lime juice, cilantro, and lentils. Mix well.
8. Shape into patties (1/2 cup each). Place on an oiled baking sheet and bake for 20 minutes until lightly browned.
9. Serving suggestions: slices of pickled red onion, or avocado slices.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Crushed Lentils with Tahini

Serves 4

Ingredients

- 1 cup dried green or brown lentils
- 1/4 cup olive oil (or another plant-based oil)
- 3 garlic cloves, crushed
- 1 tsp ground cumin
- 4 medium tomatoes, diced small (or 1 can low sodium preferable diced tomatoes)
- 1 1/2 cups cilantro leaves, chopped (optional)
- 1/4 cup tahini paste
- 2 Tbsp lemon juice
- 1/4 cup red onion, thinly sliced (or shallots)
- 1/2 tsp paprika
- Salt and pepper to taste

Directions

1. Bring a pot of water to boil and add the lentils. Cook about 20-30 minutes until completely cooked. Drain and set aside.
2. In a pan, add the olive oil and heat. Add the garlic and cumin, and heat 1 minutes. Add the tomatoes, cilantro and cooked lentils. Cook until the tomatoes breakdown a bit.
3. Add the tahini, lemon juice, 1/3 cup of water, salt and pepper. Cook for about 5 minutes.
4. Mash using a potato masher.
5. Serve with sliced onion and paprika on top.

This dish will keep in the refrigerator 5-7 days.

Red Lentil Dal

Serves 4

Ingredients

- 1 cup red lentils
- 1 tsp turmeric
- 1 Tbsp fresh ginger, grated
- 1 Thai Chile, seeded and minced (or 1 tsp of your favorite spicy sauce)
- 1 tsp fennel seed, ground
- 5 curry leaves (or 2 bay leaves)
- 1 Tbsp sesame oil or olive oil
- 2 cups chopped fresh spinach (or 1 cup frozen)
- Salt to taste
- Black pepper to taste
- Optional garnish with a squeeze of lime juice, and chopped cilantro

Directions

1. Soak the red lentils in a bowl filled with water for 15 minutes. Drain, rinse well until water runs clear.

2. In a large saucepan, combine mung, lentils, and 4 cups water. Cover, and bring to a boil. Reduce heat and simmer, removing any froth from the surface.

3. Add turmeric, black cardamom, ginger, Chile, fennel, curry leaves, and oil. Mix to combine. Cook, covered, for 20-30 minutes.

4. Remove from heat. Mix in spinach to wilt. Add salt and pepper. Remove curry leaves, and use a whisk to create some creaminess in the soup.

5. Serve with garnishes.

This dish will keep in the refrigerator 5-7 days.

Simple Green Lentil Salad

Serves 6-8

Ingredients

- 1 cup of green or brown lentils, soaked for 40 minutes in a sieve set in cold water
- 1 lemon, juiced 1/4 cup
- Olive oil
- 2 tomatoes finely chopped
- 1 green chili chopped
- 1/2 medium red onion finely chopped
- Salt and pepper to taste
- Mustard to taste

Directions

1. Cook your lentils in a pot with 3 cups water until tender.
2. Once they are tender, drain the liquid and give them a little mash (not too much).
3. Add the remaining ingredients and mix well. Adjust seasonings to taste.
4. Chill before serving.

This dish will keep in the refrigerator 5-7 days.

Gigante Beans

Serves 8-10

Ingredients

- 1 lb dried gigante beans
- 1 bunch fresh dill (or 1/2 cup dried dill)
- 1/4 cup olive oil (or another plant-based oil)
- 2 cloves garlic, minced
- 1 (15 oz) canned whole tomatoes or 2 cups fresh tomatoes (low sodium preferable)

Directions

1. Soak beans overnight in water. Drain and boil in water for two hours, or until they are soft (but not so soft that they disintegrate).
2. Once cooked drain but reserve some of the bean water. Preheat oven to 350°F.
3. Heat oil in saucepan. Add garlic and dill and sauté lightly. Then add tomatoes and bring to boil. Lower and simmer for 5 minutes.
4. Add beans to ovenproof tray and top with tomato sauce and a little bit of broth. Add to oven and bake for one hour. Check periodically and add reserved liquid as needed.

This dish will keep in the refrigerator 5-7 days.

Roasted Curried Carrots & Cauliflower

Serves 6

Ingredients

- 1 head cauliflower, cored, chopped (about 4 cups)
- 2 cups carrots, sliced into 1/4-inch half moons
- 2 Tbsp grapeseed oil (or another plant-based oil)
- Salt to taste
- 2 tsp curry powder
- 1 tsp ground turmeric
- 3 Tbsp olive oil (or another plant-based oil)
- 2 tsp apple cider vinegar
- Salt to taste
- Freshly crack black pepper to taste
- 1/2 cup chopped and toasted almonds (unsalted preferable)

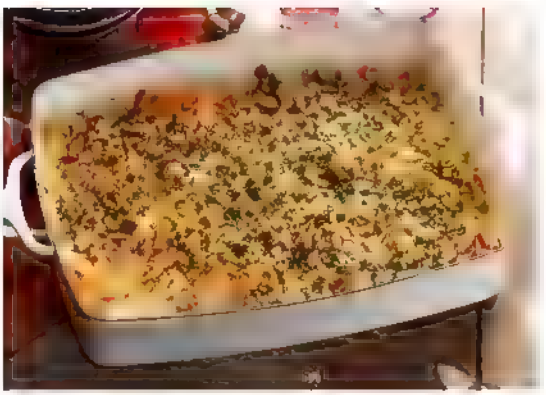
Directions

1. Preheat the oven to 400°F.
2. On one sheet pan, with parchment paper, spread cauliflower in one layer on the pan. Coat with 1 Tbsp oil. Salt to taste (about 1/2 tsp).
3. On one sheet pan, with parchment paper, spread carrots in one layer on the pan. Coat with 1 Tbsp oil. Salt to taste (about 1/2 tsp).
4. Roast in the oven for 40 minutes to 1 hour, or until slightly browned and tender.
5. While roasting, in a small bowl, combine curry powder, turmeric, olive oil, apple cider vinegar. Whisk to combine, set aside. This is your curry vinaigrette!
6. In a small pan over a medium flame, add the almonds to toast, or use a toaster oven making sure not to burn.
7. Remove vegetables from oven and place them in a bowl while they are still warm.
8. Pour over the curry vinaigrette and toss to combine. Let stand 5-10 minutes.
9. Serve sprinkled with toasted almonds.

This dish will keep in the refrigerator 5-7 days.

Roasted Carrot & Parsnip Casserole

Serves 6-8
Ingredients



- 5 large carrots, peeled and sliced into 1/4-inch rounds
- 5 large parsnips, peeled and sliced into 1/4-inch rounds
- 4 Tbsp olive oil, divided
- 1 cup onion, sliced thinly
- 1/4 cup flour
- Salt and pepper to taste
- 2 cups milk (low-fat preferable)
- 1 Tbsp dried thyme
- 1 cup whole wheat breadcrumbs tossed in 1 Tbsp olive oil
- 1 cup goat cheese

Directions

1. Preheat oven to 425°F.
2. Toss parsnips and carrots in 3 Tbsp olive oil and spread on a sheet pan.
3. Roast vegetables until tender and beginning to brown, about 20-30 minutes.
4. In a large saucepan, add 1 Tbsp olive oil. Sautee onion until it is soft and lightly browned, about 5 minutes. Add flour, salt and pepper. Cook for 1 minute more.
5. Add the milk and dried thyme to the onion mixture and stir. Cook, stirring, until it bubbles and thickens, about 5-10 minutes. Remove from heat.
6. Place the carrots and parsnips in an oiled baking dish. Pour milk mixture over the carrots and parsnips. Tap the dish a couple times to let the liquid move through.
7. Top with breadcrumbs and goat cheese. Cook for 10 minutes.
8. Set oven to broil and broil for 1-5 minutes until topping is lightly browned.
9. Let stand 10 minutes before eating.

This dish will keep in the refrigerator 5-7 days.

Vegetarian Cassoulet

Serves 6

Ingredients

For cassoulet

- 3 medium leeks (white and pale green parts only)
- 4 medium carrots, halved lengthwise and cut 1-inch-wide pieces
- 3 celery ribs, cut into 1-inch-wide pieces
- 3 garlic cloves, chopped
- 1/4 cup olive oil (or another plant-based oil)
- 4 thyme sprigs
- 2 parsley sprigs
- 1 bay leaf
- 3 (15-oz) cans cannellini or Great Northern beans, rinsed and drained, (low sodium preferable)
- 1 (15-oz) canned diced tomatoes, with their juice, (low sodium preferable)
- 3 Tbsp tomato paste, (low sodium preferable)
- 4 cups vegetable stock, (low sodium preferable)

For garlic crumbs

- 4 cups coarse fresh breadcrumbs from a baguette (whole wheat preferable)
- 1/3 cup olive oil
- 1 Tbsp chopped garlic
- 1/4 cup chopped parsley

Directions

1. Cook leeks, carrots, celery, and garlic in oil with herb sprigs, bay leaf, garlic cloves, and 1/2 teaspoon each of salt and pepper in a large heavy pot over medium heat, stirring occasionally, until softened and golden, about 15 minutes.

2. Stir in beans, tomatoes, tomato paste, then stock, and simmer, partially covered, stirring occasionally, until carrots are tender but not falling apart, about 30 minutes.

Make garlic crumbs while cassoulet simmers

Preheat oven to 350°F with rack in middle.

1. Toss breadcrumbs with oil, garlic, and 1/4 teaspoon each of salt and pepper in a bowl until well coated.
2. Spread in a baking pan and toast in oven, stirring once halfway through, until crisp and golden, 12 to 15 minutes. Cool crumbs in pan, then return to bowl and stir in parsley.

Finish cassoulet

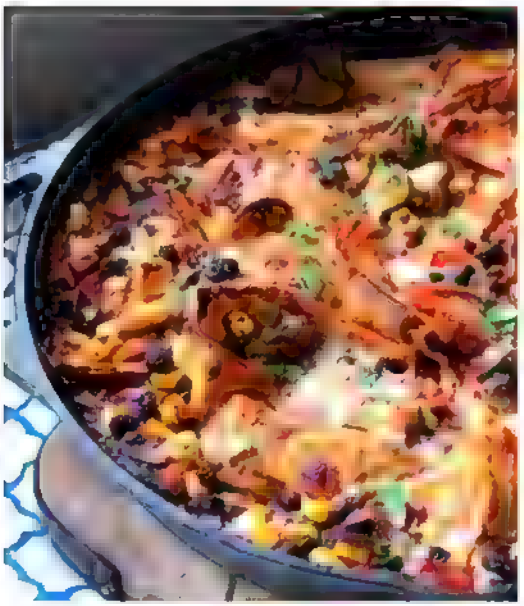
Discard herb sprigs and bay leaf. Mash some of beans in pot with a potato masher or back of a spoon to thicken broth. Season with salt and pepper. Just before serving, sprinkle with garlic crumbs.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Skillet Vegetable Enchiladas

Serves 8

Ingredients



- 2 Tbsp olive oil (or another plant-based oil)
- 2 tsp freshly ground cumin, divided
- ¼ cup all-purpose flour
- ¼ cup tomato paste (low sodium preferable)
- 2 cups vegetable broth (reduced sodium preferable)
- Coarse salt and freshly ground pepper to taste
- 2 cups grated pepper Jack cheese (or any grated cheese of your choosing, low fat preferable)
- 1 (15 oz) can black beans, drained and rinsed (low sodium preferable)
- 10 oz frozen chopped spinach, thawed and squeezed of excess water
- 10 oz frozen corn, thawed
- 6 scallions, thinly sliced, white and green parts separated (or 1/3 cup chopped red onion)
- 16 corn tortillas (6 inch)

*Optional to garnish with scallions, plain low-fat yogurt, cilantro, and avocado.

Directions

1. In a large skillet, heat oil over medium heat. Add 1 teaspoon cumin, flour, and tomato paste. Cook, whisking, for 1 minute. Whisk in broth and bring to a boil. Reduce to simmer, and cook until slightly thickened, about 5-8 minutes. Season with salt and pepper and set aside.
2. In a large bowl, combine 2 cups cheese, beans, spinach, corn, scallion whites, and remaining cumin. Season with salt and pepper.
3. In the same large skillet spread out 1/4 cup sauce, layer of tortillas, layer of sauce, layer of cheese filling, layer of tortillas, layer of sauce, layer of cheese filling, layer of tortillas, layer of sauce, top it with remaining 1 cup cheese.
4. Cook for 5-10 minutes on stovetop, or until cheese filling is warmed through and melting.
5. Broil in the oven for 2-3 minutes, until browned, being careful not to burn. Optional to garnish with scallions, plain yogurt, cilantro, and avocado.

These will keep in the refrigerator for 3-5 days, or in the freezer up to 3 months.

Steamed Broccoli with Lemon Vinaigrette

Serves 4-6

Ingredients

- 1 head broccoli, chopped into florets (about 6 cups)
- 3 Tbsp lemon juice
- 1/4 cup olive oil (or another plant-based oil)
- Salt to taste
- 1 tsp mustard

Directions

1. Using a steamer basket, steam broccoli by adding 1 cup water to the pot and boiling water. Place broccoli in steamer basket and steam, 5-7 minutes, until broccoli is bright green. Be careful not to overcook!
2. Remove broccoli from pot and while still warm, pour over vinaigrette.

This dish will keep in the refrigerator 5-7 days.

Sheet Pan Asian Stir Fry

Serves 4

Ingredients

- 1 Block Extra Firm Tofu (cubed)
- 4 cups mixed seasonal chopped vegetables: carrots, red bell pepper, thinly sliced, yellow bell pepper, thinly sliced, shredded green cabbage, snow peas, green onion, ginger, garlic.

Sauce

- 1/4 cup soy sauce (low sodium preferable)
- 1/4 cup rice wine vinegar
- 1 Tbsp brown sugar, packed (optional)
- 1/4 cup toasted sesame oil
- 1 tsp cornstarch

Directions

1. Preheat oven to 425°F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a small bowl, whisk together soy sauce, rice wine vinegar, brown sugar, sesame oil, corn starch; set aside.
3. Place tofu, carrots and bell peppers in a single layer onto the prepared baking sheet. Stir in soy sauce mixture and gently toss to combine.
4. Place into oven and bake for 20-30 minutes.
5. Serve immediately, garnished with sesame seeds and green onion, if desired.

This dish will keep in the refrigerator 5-7 days.

Vegetable Stir-Fry Rice

Serves 4

Ingredients

- 1 Tbsp canola oil (or another plant-based oil)
- 2 cloves garlic minced
- 1 medium onion (medium dice)
- 3 medium carrots (medium dice)
- ¼ head Napa cabbage (or another cabbage)
- 3 eggs
- 1 cup frozen peas, thawed
- 3-4 cups leftover rice preferably brown, medium or long-grain; can also cook your own rice, just refrigerate it for at least two hours
- 2 Tbsp soy sauce (low sodium preferable)
- 2 Tbsp rice cooking wine (or if you don't have that optional to mix 1 Tbsp honey and 1 Tbsp rice vinegar.)
- 1 Tbsp toasted sesame oil
- Hot sauce (optional)

Directions

1. Preheat a wok or large skillet over medium heat.
2. Place rice in a bowl and break up any large clumps.
3. Add oil to wok and swirl to coat the sides. Add carrots, stir and cook for two minutes. Add garlic and onions, cooking for another two minutes.
4. Add cabbage and sauté until it softens, about 3 minutes.
5. Add rice cooking wine.
6. Move all the ingredients to one side of the wok. Break the eggs into the wok and stir until they're almost cooked completely.
7. Add peas and rice.
8. Stir in soy sauce. Stir constantly until rice is coated with sauce and all ingredients are heated thoroughly, about 3 minutes or so (add more oil if rice begins to stick to wok).
9. Season to taste with sesame oil, hot sauce, salt and pepper. Serve immediately.

This dish will keep in the refrigerator 5-7 days.

Quinoa Stuffed Tomatoes

Serves 4

Ingredients

- 1 1/2 cups cooked quinoa (cooked according to package directions)
- 4 large tomatoes
- Salt to taste
- 1/2 cup red onion, chopped
- 2 garlic cloves, minced
- 1/3 cup pitted and chopped Kalamata olives (low sodium preferable)
- 1/4 cup toasted pine nuts (or another nut: almonds, pistachio, cashews or walnuts are good choices, unsalted preferable)
- 1/4 cup chopped fresh mint (or another herb: parsley, cilantro or dill are all good choices).
- Salt and pepper to taste
- Optional: feta cheese (or another low-fat cheese)

Directions

1. Hollow out the tomatoes by cutting a large circle downward around the stem (like a pumpkin), remove the top and scoop out the pulp. Salt the insides and turn them up- side down on paper towels. Let stand 10 minutes.
2. Preheat the oven to 375°F.
3. Make the filling: heat a skillet over medium heat. Add oil and onion. Cook about 5 minutes until softened. Add the garlic and cook another minute.
4. Remove from heat, add quinoa, olive, pine nuts, mint, and salt and pepper to taste.
5. Fill tomatoes with quinoa filling. Place on a baking sheet and bake about 25 minutes.
6. Top with feta cheese if using and serve.

This dish will keep in the refrigerator 5-7 days.

Cauliflower Quinoa Mash

Serves 6-8

Ingredients

- 2 heads cauliflower, cut into florets
- 1 cup red quinoa, rinsed and cooked
- 1 large onion, medium dice
- 3 garlic cloves, minced
- 1/2 bunch fresh parsley, minced (or another herb: cilantro, dill, scallions, mint all good options)
- Salt and pepper to taste
- 1/2 Cup olive oil (or another plant-based oil)

Directions

1. Preheat oven to 400°F. Toss cauliflower florets in olive oil, salt and pepper. Roast 30 min or until browned and very soft then mash with fork or potato masher.
2. Cook quinoa according to package directions, place in large mixing bowl.
3. Heat large skillet with olive oil to medium/high heat. Sauce onions until soft about 5 min, add garlic and sauté for another 2 min. Add mashed cauliflower and fold into the onions and garlic. Add this mixture to the cooked quinoa and toss in fresh herbs!

This dish will keep in the refrigerator 5-7 days.

Gingered Cabbage Greens

Serves 4

Ingredients

- 2 Tbsp olive oil (or another plant-based oil)
- 1/4 cup fresh ginger, peeled and chopped finely or blended in a blender with a little water to form a smooth paste.
- 2 cloves garlic, crushed
- 1/2 head of green cabbage, shredded
- Pinch of salt and pepper to taste
- Juice of 1 lime

Directions

1. In a large sauté pan, gently heat your olive oil.
2. Add the ginger, and garlic, sauté gently for 3-5 minutes, or until slightly translucent.
3. Add the cabbage and salt, coating well with ginger and garlic mixture. Cover, and let cook on a medium low heat for 5-10 minutes.
4. Remove cover. Cabbage should be tender and have diminished in size.
5. Remove from heat, add pepper to taste, and juice of 1 lime.

Enjoy! Can keep in the refrigerator 5-7 days.

Braised Chard & Apples

Serves 4

Ingredients

- 2 Tbsp olive oil (or another plant-based oil)
- 1 cup onion, chopped (or shallots)
- 2 cups apples, peeled and diced
- 1 bunch chard, kale or spinach, rinsed and chopped
(stalks in, cut them into small pieces -- they add a nice crunch)
*About 6 cups chopped
- 2 Tbsp cider or sherry vinegar
- 1 cup apple cider juice
- 1/2 tsp smoked paprika
- Salt and pepper, to taste

Directions

1. Heat the oil up in a large skillet and add the onions. Cook on low heat until the onions are translucent.

2. Increase the heat to medium. Add the apples, tossing them around to coat them completely in the fat.

3. Mix in the chard and stir a few times to make sure everything is well incorporated. Then add the cider and vinegar and cover, cook until the leaves are tender, about 10-15 minutes on a medium heat.

4. Add salt, smoked paprika, and pepper to taste. Let the liquid boil off and evaporate until the apples are tender and the chard is wilted.

This dish will keep in the refrigerator 5-7 days.